

Standing in front of the podium, I am greeted with tremendous applause. The principal smiles cordially, shakes my hand and presents me with the prize...I stand erect and glorious, basking in the ardent cheers and---“Rrring!” My perfect dream came to a rude end. To me, dreams provide relaxation, motivate me to achieve a goal and allow me entry into an alternative ‘life’. Simply put, dreams are a part of our everyday lives. I believe in allowing myself to have dreams and to work towards achieving these dreams and seeing them become reality.

In the literal sense, dreams are important as they are a part of the biological natural process. I feel that dreaming helps to relax and refresh my mind; especially when I am troubled or weary; they rejuvenate and allow me to think more positively. When my grandmother passed away, I was deeply affected, and I would think of all those memories that we would not never construct again. One night, I dreamt of her, hale and healthy. Understanding that she is now free from suffering has allowed me to put my feelings into perspective. Thus, I do believe that dreams encourage and provide answers from my unconscious mind in some way.

Besides, dreams motivate and inspire us to reach greater heights. Many great people like Gandhi and Nelson Mandela possess the unyielding passion to follow their beliefs and generate breakthroughs in the world. Their indomitable desires to transform their visions of an ideal world into reality show how motivating dreams are. This has inspired me to pursue my dream of becoming confident in expressing my opinions. Although I am still far from becoming an eloquent speaker, I have been trying my best to hone my public speaking skills, through improving my pronunciation and fluency in both English and Mandarin. Through these, I hope to achieve my goal.

In addition, dreams are like mirrors: they depict who we really are. I often dream of recurring images, like supernatural beings and imagined dangerous situations. This indicates that I may be insecure and lack courage. Other dreams like winning an award and shaking the principal’s hand show that I like to be recognized for my achievements. Dreams portray many of our character traits; our fears, desires and ideal worlds and allow us to conduct self-reflection. As Ralph Waldo Emerson said “Judge of your natural character by what you do in your dreams.” That is the importance of dreams and indicates why I treasure my dreams.

Dreams are infinitely important; they are correlated to rest, provide us with an impetus to succeed and indicate our innermost fears, joys and desires. As Henry David Thoreau said "Dreams are the touchstones of our character." Dreams are intangible, but closely related to reality. This is why I believe in dreams. Perhaps, if I continue to work hard, I may yet end up receiving a prize on the podium.